

Updated COVID-19 Release from Isolation Guidance

Dear Maricopa County Healthcare Providers,

With recent changes to CDC's isolation guidance and increasing availability of different types of tests for COVID-19, I wanted to share with you MCDPH and ADHS guidance for isolation duration based on test type and patient symptoms. This guidance was preliminarily reviewed during our healthcare provider and long-term care facility webinars today, and has since been confirmed and adopted state-wide. This will be updated on our website in the next 24 hours.

1. **New** – Isolation Recommendations Based on Test Result and Patient Symptoms (matrix below)
 - If a patient is **symptomatic and has a positive PCR or serology**, the patient should be isolated until:
 1. At least 10 days have passed since symptoms first appeared; -AND-
 2. At least 3 days (72 hours) have passed since resolution of fever (including fever, chills, rigors, and body/muscle aches) without the use of fever-reducing medications AND improvement in respiratory symptoms (including cough, shortness of breath/difficulty breathing, sore throat, and loss of taste or smell).
 - If the date of symptom onset is unknown, then use the date of COVID-19 test collection.
 - If a patient is **symptomatic and has a negative PCR or serology**, the patient should be isolated until:
 1. At least 3 days (72 hours) have passed since resolution of fever (including fever, chills, rigors, and body/muscle aches) without the use of fever-reducing medications AND improvement in respiratory symptoms (including cough, shortness of breath/difficulty breathing, sore throat, and loss of taste or smell).
 - If a patient is **asymptomatic and has a positive PCR test**, the patient should be isolated until:
 1. At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not developed symptoms since that test.
 - If a patient is **asymptomatic and has a positive serology test**: encourage the patient to obtain a PCR-based test AND use a cloth face covering while outside your home for at least 10 days after the test specimen was collected.
 1. If the patient is a healthcare worker or first responder, they should wear a surgical face mask while working for 10 days after the test specimen was collected.
 - If a patient is **asymptomatic and has a negative PCR or serology**: no isolation

	Symptomatic		Asymptomatic	
	Positive	Negative	Positive	Negative
PCR	Isolation*	Isolation**	Isolation*	No isolation
Serology (without reflex to PCR)	Isolation*	Isolation**	Enhanced precautions†	No isolation
Serology reflexed to PCR	Isolation*	Isolation**	Isolation*	No isolation

*Stay at home or under isolation precautions until at least 10 days have passed since symptoms first appeared AND at least 3 days (72 hours) have passed since resolution of fever (including fever, chills, rigors, and body/muscle aches) without the use of fever-reducing medications and improvement in respiratory symptoms (including cough, shortness of breath/difficulty breathing, sore throat, and loss of taste or smell). [If the date of symptom onset is unknown, then use the date of COVID-19 test collection.]

**Stay at home or under isolation precautions until at least 3 days (72 hours) have passed since resolution of fever (including fever, chills, rigors, and body/muscle aches) without the use of fever-reducing medications AND improvement in respiratory symptoms (including cough, shortness of breath/difficulty breathing, sore throat, and loss of taste or smell).

†Consider getting a PCR test to help determine if you are currently infected or were previously exposed. Use a cloth face covering while outside the home for at least 10 days after the COVID-19 test specimen was collected and take everyday precautions to prevent the spread of COVID-19. Healthcare personnel and first responders should wear a surgical mask while providing patient care for 10 days after the COVID-19 test specimen was collected.

2. **Reminder** – MCDPH hosts regular COVID-19 webinars on Tuesdays at 11AM for healthcare providers, Tuesdays at 3PM for long-term care facilities, and Thursdays at 12PM for outpatient providers, including Q&A. If you would like to participate, please register at our website: [\[maricopa.gov/coronavirus\]](https://maricopa.gov/coronavirus)Maricopa.gov/coronavirus. Thank you again for your work on the front lines and taking care of our community.

Stay healthy and connected,
Rebecca

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